



SEATTLE PARKS
AND RECREATION

GREEN LAKE

COMMUNITY CENTER & EVANS POOL

FALL 2006



7201 E Green Lake Drive N

Community Center: 206-684-0780 • Evans Pool: 206-684-4961

Visit our web site at www.seattle.gov/parks

NEW!

REGISTER ONLINE - it's easy!

www.seattle.gov/parks

SPARC

Community Center General Information

Green Lake Community Center

7201 E Green Lake Dr N
Seattle, WA 98115-5301
Phone: 206-684-0780 Fax 206-684-0881
Visit us online at www.seattle.gov/parks!

Hours of operation

Monday – Friday	10 a.m. to 9 p.m.
Saturday	10 a.m. to 5 p.m.
Sunday	Closed

Holiday Closures

Monday, September 4, Labor Day
Friday, November 10, Veterans' Day Observed
Thursday, November 23, and Friday, November 24,
Thanksgiving Holiday
Monday, December 25, Christmas Day
Monday, January 1, New Year's Day

Program registration

Online registration begins Monday, Aug 14 @ 7 a.m.
Walk-in and phone-in registration begin Monday,
Aug 14 @ 10 a.m.

Program dates

Sept 1 – December 31, 2006

You Can Make a Difference!

The Green Lake Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Green Lake's Advisory Council is always looking for new members. Meetings are held on the third Tuesday evening of every month to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. Advisory Council members also create scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact our staff.

Most classes, workshops, sports, and special events are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

Professional Staff

Ken Bounds, Superintendent
B. J. Brooks, Deputy Superintendent
Christopher Williams, Operations Director
Maureen A. O'Neill, North Recreation Manager
Jeff Skinner, Recreation Coordinator
Barb Drake, Asst. Recreation Coordinator
Mike Chapman, Building Maintenance (AM)
Mark Richardson, Building Maintenance (PM)
Ryan Manning, Weekend Recreation Leader
Damien Hicks, Recreation Leader



Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate, and build community.

Register online!

In keeping with our environmental stewardship policies, we are trying to reduce the amount of paper we use. We invite you to visit our web site at www.seattle.gov/parks, where you can find our seasonal brochures and register for many of our courses online.

E-Brochures are available!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at www.seattle.gov/parks. You can find this brochure information online.

Community Center General Information

Suggestions

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

Interested in Teaching?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please talk to a member of our staff.

Anti-Discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical disabilities.

Accommodation for People with Disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call 206-615-0140 or TDD 206-684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Rentals

For information about room rentals, please view our facility rental brochure (www.seattle.gov/parks/reservations/Facrentalguide.htm).

More Information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks, or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and for information about programs for special populations, please call 206-684-4950.

Payment

You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card or online while registering. We accept Visa, MasterCard and American Express. Please make checks and money orders out to City of Seattle. PLEASE NOTE: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.)

Fees and Charges

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program charges include user fees paid to Seattle Parks and Recreation to defray operating costs. Class and program fees include Washington State sales tax where applicable.

Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please request the entire policy, #7.16, for specific information.

Scholarships

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. To apply for a scholarship, please talk to a member of our staff.

Waiting Lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

Class Cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

Community Events



Pumpkin Flashlight Hunt

Join us for an inside and outside toy and candy hunt. Arrive to the gym no later than 6:15 p.m. Kids separated into age appropriate groups. Bring own bag to collect goodies! We need teen and adult volunteers to help spread toys and candy right before the hunts. Plan to stay a little while after the hunt for some warm fall beverages and donuts and mingle with friends.

Ages: 4 - 15 yrs

6:30 - 7:30 p.m. Friday, Oct 27

Green Lake

"The Heart of Seattle"

PATHWAY OF LIGHTS

5:30 – 8:30 p.m. Saturday, Dec 9

Rain or Shine!

Come join others in a "walk of lights" around the lake and take in the warm glow of luminarias that line Green Lake Park's entire pathway. Listen to holiday music at the Community Center, Aqua Theatre, and Seattle Public Theatre, and listen to strolling carolers.

VOLUNTEERS NEEDED

We need LOTS of volunteer support for this event! We need help the day of the event preparing luminarias, setting up performance and luminaria areas, lighting luminarias, and clean up.

We also need strolling carolers, quiet musical instruments, and holiday music choirs.

Call Barb at 206-684-0780 or e-mail barb.drake@seattle.gov if you or your group would like to help out.

Sponsored by the Seattle Parks and Recreation and the Green Lake Community Center Advisory Council.

Teen Programs

Clubs

Green Lake Teen Drop-in Program

Every Tuesday night we have activities for teens 12 to 18 years old who attend either Middle or High School. I.D. must be carried at all times. All participants are required to sign in. Call Recreation Leader Damien Hicks for further questions, 206-684-0780.

Tuesday Activities

7 – 8 p.m. Teen Swim, FREE if registered in the teen program

Field Trip Activities

Call Damien Hicks at 206-684-0780 for more information.

Location: Green Lake CC



Teen Council at Green Lake

HEY TEENS! Do you need community service hours? Do you have fundraising ideas? Want to gain leadership skills? Want to plan a great party?

Come participate in the Teen Advisory Council. Strive to make a difference in your community while learning to lead, organize, and promote all types of events and activities. Bring your ideas and enjoy the food and fun!

For information, call 206-684-0780.

Recreation Leader: Damien Hicks

Age: 12 to 18 years old

Location: Teen Room

Teen Late Night Recreation Program

7 p.m. – Midnight

Meadowbrook Teen Life Center

10750 30 Ave NE

206-684-7523

Friday Night - Middle School Only

1st Friday - Music Studio

2nd Friday - Culinary Arts

3rd Friday - Teen Swim (Middle / High School)

4th Friday - Pizza & a Movie

Saturday Night - High School Only

1st Saturday - Culinary Arts

2nd Saturday - Pizza & a Movie

3rd Saturday - Pool Saturday

4th Saturday - Special Event / Field Trip

Bitter Lake Community Center Annex

13040 Greenwood Avenue North

206-684-7524 or 386-9870

1st Friday & Saturday - Teen Skate

2nd Friday & Saturday - 3 on 3 Tourney

3rd Friday & Saturday - BBQ and a Movie

4th Friday & Saturday - Teen Swim at Madison Pool

Age: Boys and Girls ages 13 to 19

Table Tennis (Ping Pong) For All Levels of Play

Saturdays

5 – 9 p.m.

Sundays

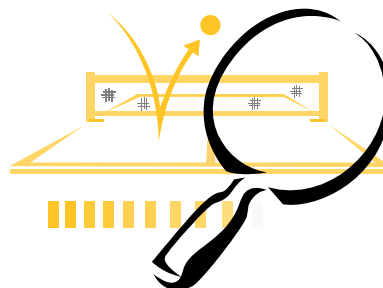
4 – 9 p.m.

All skill levels, from beginners to the more experienced, are welcome. More experienced players will be on hand to help beginners learn and practice the game. Ten tables available.

\$4 per person.

Please pay at the front desk upon arrival.

For specific information, contact the Green Lake Table Tennis Club at : glttc@tomveatch.com or call 206-366-0198 to inquire about the program at Green Lake and other sites.



Hawaiian Dance ♦ Cheerleading ♦ Art

Performing Arts & Dance

Hawaiian Dance for Girls and Women \$42

Great for moms and daughters! You will think you are on the Islands as you learn to dance Hawaiian style. No experience necessary – just follow the beautiful music and instructions! Designed for pre-teen girls and women who are interested in a fun, active class – one that will transform you from observer to active participant. Learn and combine basic dance steps and hand movements to complete routines in a friendly, supportive atmosphere. Warm up, technique, and dance practice each class (a sampling of hula, from it's root through adaptations, to it's modern day appearance.)



Min 6 / Max 12

Instructor: Eileen Plum

Ages: 10 years and older

Location: Room 3

#10427 Tue 5:45 – 6:45 p.m. 9/19 – 10/24

#10428 Tue 5:45 – 6:45 p.m. 11/7 – 12/12

Cheerleading & Dance \$55

Our instructor from Liberty Bell Spirit Squad teaches the fundamentals of cheerleading techniques including arm motions, body position, jumps, voice projection, and cheer etiquette balanced with fun, teamwork, safety, and values. Basic dance technique is also taught. Includes t-shirt. Min 6 / Max 20

Instructor: Kristin McDonald

Location: Room 3

Ages: 4 – 6

#10415 Wed 5:15 – 6 p.m. 9/20 – 10/25

#10416 Wed 5:15 – 6 p.m. 11/8 – 12/13

Ages: 7 – 14

#10418 Wed 6 – 6:45 p.m. 9/20 – 10/25

#10419 Wed 6 – 6:45 p.m. 11/8 – 12/13

International Art Studio Parents/Child Class \$55

Multi-lingual instruction provided in English, Mandarin, and Spanish! This mixed-media art class encourages kids to understand different cultures and perspectives of art by exploring different materials – papers, printmaking, calligraphy, etc. All supplies included. Min 5 pair / Max 6 pair

Instructor: Liang-yin Chen

Ages: 3 – 5

Location: Room 3

#10434 Thu 10:30–11:15 a.m. 9/21 – 10/19

#10435 Thu 10:30–11:15 a.m. 10/26 – 11/30

Recycled Mixed Media Sculpture \$54

This mixed generation class will bring out the creative part of you! Learn how to transform simple recycled materials into colorful, unique art sculptures like paper bag castles and houses, funky air dry clay animals, big paper mache heads, and more! All supplies included.

Instructor: Beth Zirngible

Ages: 10 and older

Location: Room 3

#10492 Tue 4 – 5 p.m. 9/26 – 10/31

#10493 Tue 4 – 5 p.m. 11/7 – 12/12

Balloon Sculpture \$29

Learn how the professionals do it! Professional balloon sculptor

Aliza Alborhoz

shares her delightful talents and

experiences teaching the basics of making flowers, swords, dogs, and hats out of colorful balloons!

Kids also learn how to use and hold an air pump, and how to easily twist balloons into creative shapes. Kids take home their own air pump and balloon creations (this \$7 supply fee is included in the class price).

Ages: 7 – 12

Location: Room 1

#10408 Tue 4 – 5 p.m. 10/17 – 10/24

#10409 Tue 4 – 5 p.m. 11/7 – 11/14

Pottery

Preschool Pottery

Multi-lingual instruction provided in English, Mandarin, and Spanish! GREAT one to one attention! For new and continuing students. Children will have a fun and exciting art experience learning basic skills in building objects out of clay while experimenting with textures, glazes, and more to create imaginative projects every quarter. All supplies included. Min 5/Max 5

Instructor: Liang-yin Chen

Ages: 3 – 5

Location: Pottery Studio

Activity Fee: \$66

#10478 Mon 10 – 10:45 a.m. 9/18 – 10/23

#10479 Mon 11 a.m.–11:45 a.m. 9/18–10/23

Activity Fee: \$55

#10480 Mon 10 – 10:45 a.m. 10/30 – 11/27

#10481 Mon 11 a.m.–11:45 a.m. 10/30–11/27

Pottery For Kids or Parent w/Child

Multi-lingual instruction provided in English, Mandarin, and Spanish! GREAT one to one attention! Make your own dinnerware and decorative room items or a tea pot set for a tea ceremony, personalized by your imagination. Also how to use the pottery wheel and combine hand-building techniques to create projects. All supplies included. Wear clothes to get messy.

Instructor: Liang-yin Chen

Ages: 6 – 12

Location: Pottery Studio

Activity Fee: \$66

#10474¹ Mon 4:15 – 5:15 p.m. 9/18 – 10/23

#10475² Mon 5:30 – 6:30 p.m. 9/18 – 10/23

Activity Fee: \$55

#10476¹ Mon 4:15 – 5:15 p.m. 10/30 – 11/27

#10477² Mon 5:30 – 6:30 p.m. 10/30 – 11/27

¹ Class is for children only ages 6–12
min 5/max 6

² Class is for parent w/child age 3–5
min 5 pair/max 6 pair

Pottery – Adults

\$210

Fee includes 3 hours of instruction per week, 25 lbs. of clay, kiln and glaze materials, and access to the studio for practice time. Additional clay \$10 per bag. Advanced production work STRICTLY prohibited. Kiln use is limited to beginning and intermediate production levels. Enrollment closes after second class. Student is required to read, sign, and follow a pottery class agreement in order to register. Min 8 / Max 12

Instructor: Liang-yin Chen

Ages: 18 and older

Location: Pottery Studio

#10472 Tue 6 – 9 p.m. 9/19 – 11/28

#10473 Wed 6 – 9 p.m. 9/20 – 11/29

Advanced Pottery Studio User Program

This new program is geared for the advanced potter who is not instruction oriented. Specific program guidelines have been developed that require review and acceptance before a person may register - please stop by or call 684-0780 to receive a copy. These guidelines also contain all user fees and charges. The pottery program director reserves the right to not accept a person into this program if they do not meet the necessary criteria and requirements. Due to limited studio space, a quarterly lottery registration is in place until more space becomes available. For more information, call Barb at 206-684-0780.



Preschool ♦ Play Center ♦ Music ♦ Piano

Toddler Play Center - 6 mos to 5 yrs

\$20 punch card (\$24 value) \$2 for drop-in

Our HUGE Children's Play Center is said to be one of the BEST around. There are many children's toys and equipment available and it's a great way for your child to learn and socialize with other children. **Parental Supervision Required.** Please follow all Play Center rules including using upstairs lobby area to eat your snacks.

Public Use Times:

Mon – Fri 10 a.m. - 7 p.m.

Sat 10 a.m. – 2:30 p.m.

Note: private rental times may be used by the public whenever no rental is scheduled. Please call 684-0780 for availability.

Private Rental Times:

Available Sat, 2:30 - 4:30 p.m. \$35 per hour + \$10 booking fee. Great for birthday parties! (Please note that the play center may be rented outside of the community center's operating hours with additional hourly staffing charges)

The Play Center closes during the week at 7 p.m. and on Saturday at 4:30 p.m. for cleaning.

Play & Learn

Children socialize, play, and learn in a child-centered environment through arts and crafts, imaginative play, construction, large and small muscle development, coordination, music and movement. Parent orientation available for those wanting to learn more on problem solving approaches to behavior for later sharing at home with their child. For more information, call **teacher Eleanor** at 206-789-7643. Year-round class with no breaks. Parents provide snack. Min 7 / Max 8

Location: Preschool Room

Ages: 4 – 5 \$180/month

M/W/F 9:45 a.m. – 12:15 p.m.

#10464 9/1 – 9/29

#10465 10/2 – 10/30

#10466 11/1 – 11/29

#10467 12/1 – 12/29

Ages: 3 – 4 \$120/month

Tu/Th 9:45 a.m. – 12:15 p.m.

#10468 9/5 – 9/28

#10469 10/3 – 10/31

#10470 11/2 – 11/30

#10471 12/5 – 12/28

Toddler Music Development \$54

Parent with child class. Sing and dance, hop and skip, pound on hand drums and rhythm sticks.

This FUN music and movement class, **taught by Katy Webber**, helps to develop

your child's music skills, enhance their memory and their ability to identify sounds, colors, and instruction.

Katy brings her guitar to teach new, fun, silly songs to sing and musical games to play. Fee includes all instruments. Min 5 pairs / Max 10 pairs.

Location: Room 1

#10499¹ Tue 10:15 – 11 a.m. 9/19 – 10/24

#10498² Tue 11:15 a.m. – Noon 9/19 – 10/24

#10500¹ Tue 10:15 – 11 a.m. 11/7 – 12/12

#10501² Tue 11:15 a.m. – Noon 11/7 – 12/12

¹1.5 to 3 year old

²Newborn to 1.5 year old



Piano – All Ages \$120/month

For beginner and intermediate students. Lessons are 45 minutes in length with 5 minutes in between each lesson. Beginners learn rhythm, technique, and how to read music – the basics to play all your favorite songs! Intermediates develop their skills to a deeper level.

Instructor: Mary Becker

Ages: 3 and older

Location: Teen Room

#10445 Thu 5:30 – 6:15 p.m. 9/7 – 9/28

#10444 Thu 6:20 – 7:05 p.m. 9/7 – 9/28

#10443 Thu 7:10 – 7:55 p.m. 9/7 – 9/28

#10442 Thu 8 – 8:45 p.m. 9/7 – 9/28

#10448 Thu 5:30 – 6:15 p.m. 10/5 – 10/26*

#10447 Thu 6:20 – 7:05 p.m. 10/5 – 10/26

#10446 Thu 7:10 – 7:55 p.m. 10/5 – 10/26

#10449 Thu 8 – 8:45 p.m. 10/5 – 10/26

#10455 Thu 5:30 – 6:15 p.m. 11/2 – 11/23

#10456 Thu 6:20 – 7:05 p.m. 11/2 – 11/23

#10458 Thu 7:10 – 7:55 p.m. 11/2 – 11/23

#10457 Thu 8 – 8:45 p.m. 11/2 – 11/23

#10462 Thu 5:30 – 6:15 p.m. 12/7 – 12/28

#10463 Thu 6:20 – 7:05 p.m. 12/7 – 12/28

#10460 Thu 7:10 – 7:55 p.m. 12/7 – 12/28

#10459 Thu 8 – 8:45 p.m. 12/7 – 12/28

Yoga

Hatha Yoga – Beginning \$44

Introduction to basic Hatha Yoga poses, breathing practices, and relaxation techniques for beginners and persons recovering from recent illness or injury. Bring a PAD or large BLANKET, empty stomach and bare feet to class. Min 7 / Max 12

Instructor: Margaret McAndrew

Ages: 18 – 45

Location: Room 3

#11304 Thu 6:20 – 7:20 p.m. 9/21 – 10/26

#11305 Thu 6:20 – 7:20 p.m. 11/2 – 12/14

Yoga – Prenatal \$68

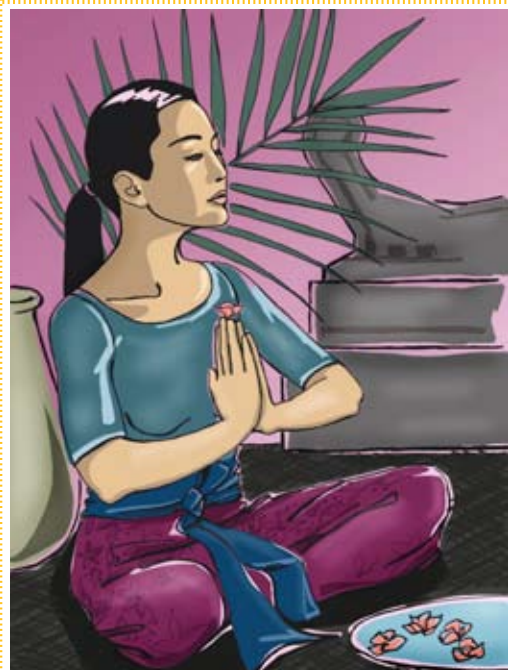
A specially designed program for women in their second and third trimesters of pregnancy to enhance physical and emotional health through the practice of prenatal yoga exercises, breathing, visualizations and deep relaxation. Learn how to cope with your body's changing alignment, counteract backaches, prepare the birthing area for delivery, maintain your energy level, control mood swings, relax and maintain a positive outlook. Bring a blanket and two pillows to class. Medical authorization required. Min 7 / Max 12

Instructor: Margaret McAndrew

Ages: 18 – 45

Location: Room 3

#10510 Wed 10 – 11:15 a.m. 9/20 – 11/8



Yoga – Hatha

Our highly experienced and knowledgeable instructor teaches this multi-level class that incorporates regular practice of Hatha Yoga postures (asanas) with breath awareness (pranayama), resulting in increased vitality, flexibility, and good muscle tone while stimulating the circulatory, respiratory, endocrine, and immune systems. Class ends with deep relaxation or visualizations to reduce stress and nurture a peaceful mind. Working knowledge of the basics helpful but not necessary. Bring a large BLANKET or PAD, bare feet and an empty stomach. Not appropriate for women during pregnancy (see Prenatal Yoga). Thursday class includes specialized work for strengthening the upper body and maintaining good bone density. Min 7 / Max 14

Instructor: Margaret McAndrew

Ages: 18 – 59

Location: Room 3

AM \$44

#10506 Tue 10 – 11 a.m. 9/19 – 10/24

#10507 Tue 10 – 11 a.m. 10/31 – 12/5

PM \$54

#10508 Thu 7:30 – 8:45 p.m. 9/21 – 10/26

#10509 Thu 7:30 – 8:45 p.m. 11/2 – 12/14

Yoga for Seniors \$4 per class

Specially designed for the 60+ person who feels a bit stiff, creaky, or easily winded. Warm up is followed by poses (modified as necessary) or done with aid of a chair, wall, blocks, or belt; breathing techniques included. Class ends with visualizations and deep relaxation. Min 7 / Max 12

Instructor: Margaret McAndrew

Fee: Prices vary - please call 206-684-0780 for detailed information.

Ages: 60 and older

#10512 Fri 10 – 11:15 a.m. 9/1 – 9/22

#10511 Mon 10 – 11:15 a.m. 9/11 – 9/25

#10513 Mon 10 – 11:15 a.m. 10/2 – 10/30

#10514 Fri 10 – 11:15 a.m. 10/6 – 10/27

#10516 Fri 10 – 11:15 a.m. 11/3 – 11/17

#10515 Mon 10 – 11:15 a.m. 11/6 – 11/27

#10518¹ Fri 10 – 11:15 a.m. 12/1 – 12/29

#10517 Mon 10 – 11:15 a.m. 12/4 – 12/18

¹No class 12/22

Tai Chi ♦ Taekwondo ♦ Pilates

Kids Taekwondo

\$24/month

Instructor Tyler Cearle is a 2nd Degree Blackbelt who has taught people of all ages for several years, and is currently the Head Instructor at the Green Lake Taekwondo School. He competes both nationally and internationally. This program instructs children in the martial art of Taekwondo while teaching them important moral values. Rather than teaching kids to fight, this program is based on building physical and mental attributes such as coordination, balance, self confidence, integrity, and respect with the top priorities of safety, and of course, fun! Min 6 / Max 10

Ages: 8 – 12

Location: Room 1

#10436	MW	4 – 4:45 p.m.	9/6 – 9/27
#10437	MW	4 – 4:45 p.m.	10/2 – 10/30
#10438	MW	4 – 4:45 p.m.	11/1 – 11/27
#10439	MW	4 – 4:45 p.m.	12/4 – 12/27

Mat Pilates

\$60

Bilingual instruction provided. For beginners and intermediates. Discover the advantages of Joseph's Pilates method of exercise.

Consistent practice enhances your awareness of postural habits, balance, circulation and oxygenation of the blood, flexibility, and improvement of bothersome areas! Drop in fee of \$12. Min 6 / Max 12



Instructor Diana Garcia-Snyder's extensive studies, training, and teaching includes Pilates and Modern Dance. She carries the message of the rehabilitating properties of this method to others and strongly believes that in strengthening our bodies, we strengthen and find more success in our daily lives.

Ages: 18 – 59

Location: Room 3

#10440	Mon	6 – 7 p.m.	9/18 – 10/23
#10441	Mon	6 – 7 p.m.	10/30 – 12/4

TAI CHI Workshop – The Simplified Version **\$40**

Are you interested in learning TAI CHI – The Simplified Version? Experience this slow flowing movement and meditation which helps to strengthen your mental concentration, assist in increasing your energy, and improve your balance. This routine may be completed in 15 minutes. So, if you feel your time is limited, this workshop is for you. The **instructor Rusheng Zheng** has over 20 years experience with Tai Chi and is a local Chinese Medicine Doctor and Acupuncturist in Seattle. Min 6 / Max 14

Ages: 18 and older

Location: Room 1

#11223	Sat	3 – 5 p.m.	10/7 – 10/28
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Tai Chi for Adults **\$2 Drop-In**

Our highly experienced and knowledgeable volunteer **instructor, Jim Guidon**, teaches this Chinese form of exercise using slow, soft and circular movements to harmonize body and mind, often described as “a moving meditation” and a way to achieve health and tranquility. Excellent for balance, relaxation and concentration. Wear loose comfortable clothing. First time free. Minimal administrative fee applied. Min 4 10 a.m. – Noon / Max 14

Instructor: Jim Guidon

Age: 18+ yrs

Location: Room 3

Tuesdays 7 – 8 p.m.
Sep 5 – Dec 26

Martial Arts

Karate for Teens and Adults

Our highly trained and knowledgeable volunteer instructors teach advanced principles of karate: breathing control, energy generation, self healing, take-downs, joint locks, break aways and other martial arts techniques. Goju-Ryu karate is used as a medium for developing these principles. Minimal administrative fee applied. Min 4 / Max 14

Instructor: Carol and Boyd Gittins

Age: 12+ yrs through Adults

Location: Room 1

Fee: \$4 Drop-In

Saturdays 10 a.m. – Noon

Sep 2 – Dec 30

Wado Ryu Karate \$24/month

The term Wado-Ryu means “way of peace” or “way of harmony”. This style of karate emphasizes dedication to training basic karate technique. It is believed that not even a lifetime of basic practice will result in perfection of technique. This class emphasizes acquiring control of our bodies and bodily power. Students learn how to relax their shoulders, concentrate energy on a single point, rotate or twist at the waist and fist, and cultivate more perfect balance. On the mental side, students can build character, develop patience and concentration through regular and dedicated practice. Min 4 / Max 14

Location: Room 1

Instructor: Richard Anonsen

Ages: 18 and older

#11278	MW	7:30 – 8:30 p.m.	9/6 – 9/27
#11279	MW	7:30 – 8:30 p.m.	10/2 – 10/30
#11280	MW	7:30 – 8:30 p.m.	11/1 – 11/29
#11281	MW	7:30 – 8:30 p.m.	12/4 – 12/27
No Class 12/25/06			

Ages: 8 – 17

#10502	MW	6:30 – 7:30 p.m.	9/6 – 9/27
#10503	MW	6:30 – 7:30 p.m.	10/2 – 10/30
#10504	MW	6:30 – 7:30 p.m.	11/1 – 11/29
#10505	MW	6:30 – 7:30 p.m.	12/4 – 12/27

Hapkido

\$24/month

Classes offered Tues, Thurs. This Korean martial art means the “way of harmonious energy” with instruction in offensive and defensive techniques: kicks, punches, joint locks, throws, takedowns, pressure points, escapes, blocks, and stances, as well as learning how to fall, wrestle, and free spar. Gain control of your body and confidence through your ability to defend yourself with regular practice. Beginners welcome and can start at any time with instructor approval. Minimal administration fee applied. Min 4 / Max 14

Instructors: Bart Turner and Ken Gilman

Ages: 18 and older

Location: Room 1

#10423	TTh	6 – 7:30 p.m.	9/5 – 9/28
#10424	TTh	6 – 7:30 p.m.	10/3 – 10/31
#10425	TTh	6 – 7:30 p.m.	11/2 – 11/30
#10426	TTh	6 – 7:30 p.m.	12/5 – 12/28

Shorinji Kempo

\$24/month

Our highly trained and knowledgeable volunteer instructor teaches this martial art rooted in the life philosophy of Kongo Zen: kicks, punches, blocks, also break holds, locks, pins, throws, and pressure-point techniques for therapy and self defense. Observers may drop in any time; new students may start on the first practice day of each month. Minimal administrative fee applied.

Min 4 / Max 15

Instructor: Hiroshi Onaka, 5th Dan

Ages: 18 and older

Location: Room 1

#10494	TTh	7:30 – 9 p.m.	9/5 – 9/28
#10495	TTh	7:30 – 9 p.m.	10/3 – 10/31
#10496	TTh	7:30 – 9 p.m.	11/2 – 11/30
#10497	TTh	7:30 – 9 p.m.	12/5 – 12/28



Dog Training ♦ Spanish ♦ First Aid ♦ Games

Science, Nature & the Environment

Dog Training – Basic

\$54

Only one dog per handler. Handler under age 12 allowed with instructor's permission before registering. No dogs nose to nose first class.

Focus is on home manners such as come, down, sit, stand, and stay, and walking on a loose leash. Class is fast-moving, positive, and motivational.

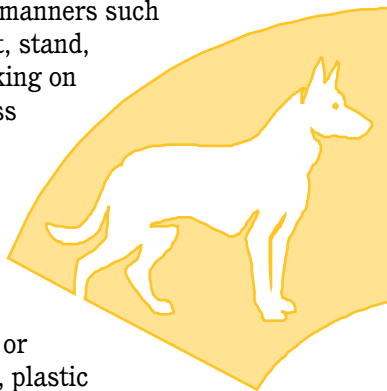
Bring proof of dog's current vaccinations first night. Bring a rug or mat, paper towels, plastic bags, small bag of dried dog food or training treats, and your dog on a leash each class. Dog needs empty stomach at least 1 hour prior to class. Min 5 / Max 10

Instructor: Sarah Kahn

Ages: 10 and older

Location: Room 3

#10421 Wed, 7 – 8 p.m. 10/4 – 11/8



Game Room / Pool Table at Green Lake

Our game room is geared for the recreational drop in user who wants to play a few games of air hockey, foos ball, or ping pong. These games are youth oriented; however adults may play with their child or play recreationally amongst each other. We ask that you please limit your playing time when another user comes in to play. For safety purposes, no advanced players allowed. Adult supervision required for children 10 years and younger.

A pool table is available for the recreational drop in user in our lobby area just outside the game room.

People may bring their own equipment to play any of the games. The community center provides equipment in exchange for a trade in item.

Lifelong Learning & Career Development

Spanish Story Time for Mommy and Me

\$40

A parent with child class! Come and join us for a fun story time each week! **Aliza Alborhoz**, our lively native speaker of Spanish will delight parents and children with her bright personality and exciting stories of childhood that children will love and relate to! Different stories are selected based on age group. Bring a blanket and / or pillow if you want to get really comfortable. Min 4 / Max 10

Ages: 3 – 5

Location: Room 1

#11221 Wed 10 – 10:45 a.m. 9/27 – 10/25

#11222 Wed 10 – 10:45 a.m. 11/1 – 11/29

First-Aid and CPR For Adults \$55

This course teaches how to respond to an emergency, proper techniques of controlling bleeding, treatment for burns, poisonings and sudden illness, choke-saving maneuvers, rescue breathing and CPR for adults. This course meets OSHA and WISHA requirements. **Call the American Red Cross at (206) 726-3534 to register.**

Age: Adult

Location: main floor room

Mon/Wed 4:30 – 8:30 p.m. Oct 16 – Oct 18

Mon/Wed 4:30 – 8:30 p.m. Nov 20 – Nov 22

Mon/Wed 4:30 – 8:30 p.m. Dec 18 – Dec 20



Soccer ♦ Fitness ♦ Tennis

Green Lake CC's FC Seattle \$125 Soccer Camp

Green Lake CC and FC Seattle Soccer partner to provide a fun, active, soccer experience for youth. FC has been an active member of the Greater Seattle soccer community since 1984 providing programs that include players with different playing abilities. The Camp for Champs program caters to those looking to learn new skills and improve their game in a fun and challenging environment. The program is designed to suit each and every player regardless of age, gender or soccer ability. The FC Seattle coaching staff facilitate the camp; professional coaches from both the UK and USA ensure that players are receiving focused soccer instruction along with benefiting from a fun and exciting summer soccer experience. Each player receives a FREE T-shirt, water bottle, and soccer ball.

Ages: 6 – 12

Location: Outdoor Field

#10422 Mon – Fri 10 a.m.–2 p.m. 8/21 – 8/25

Aerobics/Fitness

After School P.E. With \$30 Coach 'T'

Coach Tyler Cearle is a National Academy of Sports Medicine Certified Fitness Instructor. This program is designed to give children a first class workout, while remaining safe and fun! With fitness in youth becoming a growing concern, it's important to teach children the value of physical activity and a healthy life style at a young age. Based on leading fitness training, but tailored for kids, this class helps kids build strength, balance, stamina, and other important physical characteristics along with self confidence and an understanding of basic health choices. Min 6/Max 12

Ages: 7 – 12

Location: Gym

#11336 M/W 5 – 5:45 p.m. 9/18 – 10/18

#11337 MW 5 – 5:45 p.m. 10/23 – 11/22

Beginning Youth Tennis \$128 Lessons

Tennis students will learn the basics of tennis, from forehand and backhand to developing hand-eye coordination. Tennis students will need to bring their own rackets each day.

Min 4 / Max 12

Instructor:

Craig Yahne

Ages: 9 – 17

Location: Outdoor Court

#10412 MW 4:30 – 6 p.m. 9/6 – 10/2

#10413 MW 4:30 – 6 p.m. 10/4 – 10/30



Intermediate Youth Tennis \$128 Lessons

Ages: 9 – 17

#10432 Tu/Th 4:30 – 6 p.m. 9/5 – 9/28

#10433 Tu/Th 4:30 – 6 p.m. 10/3 – 10/26

Beg. Adult Tennis Lessons \$154

Tennis students will learn the basics of tennis, from forehand and backhand to developing hand-eye coordination. Tennis students will need to bring their own rackets each day. Min 4 / Max 12

Ages: 18 and older

Location: Outdoor Space

#10410 MW 6 – 7:30 p.m. 9/6 – 10/2

#10411 MW 6 – 7:30 p.m. 10/4 – 10/30

Intermediate Adult Tennis \$154 Lessons

Tennis students will learn more advanced tennis, from forehand and backhand to developing hand-eye coordination. Tennis students will need to bring their own rackets each day. Min 4 / Max 12

Ages: 18 and older

Location: Outdoor Space

#10430 Tu/Th 6 – 7:30 p.m. 9/5 – 9/28

#10431 Tu/Th 6 – 7:30 p.m. 10/3 – 10/26

Fall Youth and Adult Sports ♦ Drop In Volleyball

Winter Boys & Girls Basketball Registration Begins Saturday, Oct 7 at 10 a.m.

Volunteer Coaches, if you have experience with the game of basketball, have a positive inspirational attitude, love kids, and believe in the fun of the game, we want you as one of our coaches! Kids, come participate in Green Lake Community Centers youth basketball leagues. This program focuses on providing a positive "team sport" experience while learning sportsmanship and the game of basketball. Boys and girls ages 8 – 17 years old as of September 1st, 2006 are welcome to play! Start registering for winter 2007 play on Saturday, October 7th. Practices begin the week of October 30th with games beginning in January 2007. ***Note***: all paperwork (*) birth certificate, registration form, medical authorization form, code of conduct, and payment) must be fully complete in order to register for this program. Call 206-684-0780 for more information. *Call ahead if you think you have a birth certificate on file at the center.

Ages: 8 – 17

Location: Gym

BOYS		GIRLS	
Age 8	#11408	Age 8–9	#11410
Age 9	#11409	Age 10	#11270
Age 10	#11263	Age 11	#11271
Age 11	#11264	Age 12	#11272
Age 12	#11265	Age 13	#11274
Age 13	#11266	Age 14–17	#11275
Age 14–15	#11267		
Age 16–17	#11268		



Fall Sports For Adults and Youth

Registration for individuals or teams is currently being accepted for the following adult and youth Fall sports. For youth sports only, please drop by the center to complete the registration packet and bring a copy of your child's birth certificate if it is not on file:

Mens 30 and over Basketball **Sundays \$575**
League

Women's Volleyball League **Mondays \$200**
Call 206-684-0780 if you want to enter a team; no individual list taken.

Co-Rec Adult Volleyball League **Tuesdays \$200**
We need coaches!

Girls Volleyball for 10 – 17 year olds **\$30**

Boys Flag Football for 10 – 17 year olds **\$30**

Adult Sports Drop In Fees

The City of Seattle charges an adult sports drop in fee. This fee applies when space is reserved and advertised for scheduled adult sports drop in programming. The fee is \$2 per session for adults and \$1 per session for seniors.

Drop in open gym

Mon, Tue, Wed, Fri 11 a.m. – 3 p.m.

Friday Night Drop In Adult Volleyball Play **\$2**

All levels welcome! Try volleyball for the first time, brush up on your skills, get some extra practice before that game, or enjoy a friendly game with friends. **Please note that times are subject to occasional change due to some circumstances. Please call in advance or stop by to check on the number of people interested that day, 206-684-0780. No play in Nov and Dec.**

Age: Adults of all ages

Location: gym

Fridays

6 – 8 p.m.

Volunteer ♦ Chess ♦ Rooms for Rent

Green Lake / Evans Pool Advisory Council Volunteer Opportunity

Green Lake / Evans Pool is seeking new Advisory Council members. The nature of our advisory board is to provide Complex staff with vision and recommendations regarding community center and pool programs, projects, and special events. These include but are not limited to youth, teen, and adult programs and classes; community events and projects; fundraising efforts; marketing. The Advisory Council also provides citizen input to the Seattle Department of Parks and Recreation.

* Help make a BIG difference in our community!

* We are seeking a diverse group of adult individuals.

* We need your passion, energy, commitment, vision, and voice!

* Your voice is so important!

* Your commitment of 15 - 20 hours a year will provide the kind of energy that is needed to keep Green Lake Complex progressive now and in the future.

* No board experience necessary!

We meet once a month on the 3 Tuesday for about 1.5 hours.

Contact Community Center Coordinator Jeff Skinner for information, 206-684-0780.

Senior Adults Programs: Cards and Games

Chess Club

Free

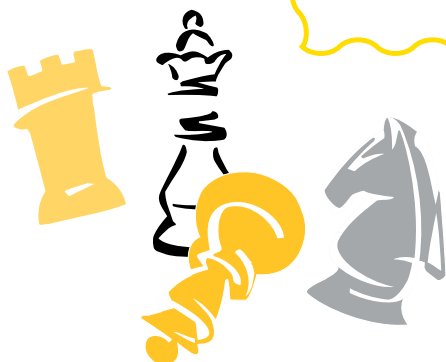
Join other chess enthusiasts every week throughout the year for a drop-in game of strategy and skill.

Instructor: W. Metzker

Age: Adults of all ages

Fridays 1 – 5 p.m.

Location: Room 3



Green Lake Rooms For Rent

Green Lake Community Center has several small and medium sized rooms for rent that are GREAT for birthdays, preschool parties, meetings, potlucks, seminars, and other special gatherings. Stop by to check out our rooms and pick up one of our Facility Rental Guides that provide ALL the details. Call 206-684-0780 for further information.

Rooms For Rent.

Toddler / Preschool Play Center

Main Floor Room

Teen Room

Two Upper Floor Multi-purpose Rooms

Gymnasium - available on a very limited basis.

Directions

The Community Center and Pool are located on E Green Lake Dr N at NE 72nd St.

Heading North on I-5:

- Take the 65th St./ Ravenna Blvd. exit
- Turn left on 65th St. heading west
- Bear right on NE Ravenna Blvd. heading northwest for .3 miles
- Bear right on E. Green Lake Dr. N. heading northwest to Green Lake Community Center and Evans Pool at 7201 E. Green Lake Dr. N.

Heading South on I-5:

- Take the NE 70th St. exit
- Turn right onto NE 70th St.
- Continue on NE 70th St. heading west until you reach Green Lake Dr. N.
- Turn right onto Green Lake Dr. N. heading northwest to Green Lake Community Center and Evans Pool at 7201 E. Green Lake Dr. N.

Senior Adults

Northeast Senior Adults

Registration Information

Jayla McGill, Recreation Specialist

206-386-9106

e-mail: jayla.mcgill@seattle.gov

Fall Quarter Dates: Oct 2 – Dec 15

No class on Nov 10, 23, 24

Class Registrations begin Monday, Sep 18.

Trip Registration: Register by calling 206-386-9106 at 8 a.m. on the date listed for each trip. **Payment must be received at least 5 working days prior to departure.**

All Payments: Please make checks payable to **City of Seattle** and mail to Senior Adult Programs, Attn: Jayla, 8061 Densmore Ave N, Seattle, WA 98103-4436

For more information about Senior Adult programs, including citywide events, please call Senior Adult Programs at 206-684-4951 and request a copy of our latest brochure! You can also access this information online: www.seattle.gov/parks/Seniors/index.htm

Tai Chi (Wu Style) \$25 – 1 day/wk

Fall prevention strategies, improved circulation and balance; slow, gentle, short movements. **Instructor:** John Proebstel

#10915 Wed 10 – 11 a.m.

Body Conditioning \$25 – 1 day/wk

Dynabands/free weights for overall strength conditioning.

Instructor: Debbie Gotches

#10890 Thu 10:30 – 11:30 a.m.

Green Lake Walk Group \$5

Experience a walk program for all fitness levels. Meet at the GL CC front entrance — no-host lunch on last day to celebrate reaching your goal!

#11375 Wed, Oct 11–Nov 15 10 – 11 a.m.

Day Trips

The Legend of Sleepy Hollow \$5

Here is the spooky classic story by Washington Irving. Dessert Buffet (included) follows. Bring \$10 admission cash exact change on trip day.

Sun, Oct 22 12:35 – 6 p.m. Reg. Sep 29

Red Wind Casino \$8

Visit Red Wind Casino in Olympia, enjoy discounted buffet lunch and receive free gifts.

Mon, Oct 30 8:05 a.m. – 4:30 p.m. Reg. Oct 6

Seattle Design Center \$5

Tour of showrooms, Q&A about products/designs, purchases can be made. Some stair-climbing. Lunch on your own at Wolfgang Puck Restaurant.

Mon, Nov 6 10:10 a.m. – 2:30 p.m. Reg. Oct 13

Rosalie Whyel Museum of Doll Art \$6

Tour one of the world's foremost doll collections. \$6 admission (cash, exact change) on trip day. Then off to Redmond for lunch, on your own, at The British Pantry and Gift Shop. You'll love it!

Mon, Nov 13 9:10 a.m. – 3 p.m. Reg. Oct 20

Let's Explore Fremont! \$6.50

Tour through Fremont shops. Lunch on your own at a nearby eatery.

Wed, Dec 6 9:55 a.m. – 3 p.m. Reg. Nov 17

Point Defiance Zoo Lights \$8

Visit Zoolights in Tacoma for the holidays. \$5 cash/exact change admission (price subject to change) on trip day. Refreshments afterwards (on your own.) Register Nov. 9.

Mon, Dec 11 3:55 – 7 p.m. Reg. Nov 9

Holiday Carol Singing Free

Join us as we sing at area nursing homes. Song books and refreshments provided.

Thu, Dec 14 11:40 – 3:15 p.m.

Evans Pool

Evans Pool

7201 E Green Lake Dr N
Seattle, WA 98115-5301
Phone: 206-684-4961 Fax 206-684-0881
Visit us online at www.seattle.gov/parks/

Professional Staff

Steve Vela, *Aquatic Center Coordinator*
Barb Marsh, *Asst. Aquatic Center Coordinator*
Ken Anderson, *Pool Operator*
Cliff Evert, *Senior Lifeguard*
Michael Bruesch, *Senior Lifeguard*
Krystal Wellman, *Senior Lifeguard*
Dayna Lange, *PPT Lifeguard*
Julie Lee, *PPT Cashier*

Hours of operation

Monday & Wednesday	10 a.m. – 9:30 p.m.
Tuesday & Thursday	10 a.m. – 10 p.m.
Friday	10 a.m. – 8 p.m.
Saturday	8:30 a.m. – 5:30 p.m.
Monday – Friday	6 a.m. – 7:30 a.m.

Holiday Closures

Monday, Sep 4, Labor Day
Friday, Nov 10, Veterans Day
Thursday and Friday, Nov 23 & 24, Thanksgiving
and Day after Thanksgiving
Monday, Dec 25, Christmas Day
Monday, Jan 1, New Years Day

Program registration

Open Registration will start at 10:30 a.m. on Monday, Aug 14 at the front desk of Evans Pool. Online registration will start at 7 a.m.

In order to make your online registration go smoother, set up an account 24 hours before the registration date at <http://www.seattle.gov/parks/acquatics/evanspool.htm> and click on the SPARC section.

**All new participants must be pre-tested prior to registration.*

Program dates

September 5 – December 30, 2006

Rentals

Evans Pool is available to rent for special events and birthday parties Saturdays from 5:30 to 9:30 p.m. and Sundays from Noon to 8 p.m. (Sorry, no rentals are scheduled the second Sunday of the month.) For more information, call 206-684-4961 during operating hours. Please allow 2 weeks advance notice for all rental

requests. Standard fee for 1 hour pool and 1 hour deck time for less than 30 swimmers is \$185 (fee increases with additional swimmers). Payment required to hold reservation.

Payment

You can pay for swim lesson registration in person during regular facility hours. Rentals may be paid by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to City of Seattle or G.L.A.C. (staff rental fees). Please note: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due plus a \$20 fee. We are working on a system that will make online registration available.

Refund Policy

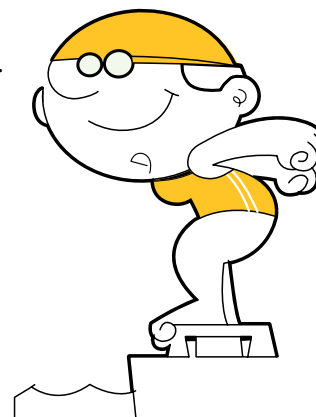
It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that any person who registers for a swim class that is cancelled for any reason by the Department will receive a full refund. In the event of an unplanned cancellation of a single session of a class, that class will be rescheduled whenever possible. If it cannot be rescheduled, the participant will receive a refund or credit. A participant may be issued a refund if he/she drops a class, and notifies the program coordinator, prior to the second class session. The prorated class fee plus a service charge of \$5 or 10% of the fee, whichever is greater, will be retained by the facility. If a participant drops a class after the second session of a series, no refund will be given. There will be no refunds or make-up classes for lessons missed due to illness or vacations.

Scholarships

The City of Seattle and Evans pool try to ensure that swim lessons are available to everyone, regardless of their ability to pay. If you are interested in receiving a low-income reduced rate, please see our pool cashier for an application. Documentation required to receive rate.

Waiting lists

We will create waiting lists for all filled classes. If demand is high, we will try to form another class. Please contact us for space availability.



Evans Pool Fall Schedule: September 5 – December 30, 2006

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A.M.	6:00 – 7:30	EMLS¹	EMLS¹	EMLS¹	EMLS¹	EMLS¹	Closed Lap Swim 8:30 – 10:00	
	7:45 – 9:30	Public Schools	Public Schools	Public Schools	Public Schools	Public Schools		
	10:00 – 10:45	Aqua Jog	Hydro-Fit	Aqua Jog	Hydro-Fit	Aqua Jog		
	10:00 – 11:00	Shallow WX	Shallow WX	Shallow WX	Shallow WX	Shallow WX		
	11:00 – 11:30	Tots	3 Year Olds	Tots	Private Lessons	Tots		
	11:30 – Noon	Kinders & 3 Yr Olds Lessons	Adult Lessons	Kinders & 3 Yr Olds Lessons	Adult Lessons	Kinders & 3 Yr Olds Lessons		
P.M.	Noon – 1:30	Adult/Sr. Swim	Adult/Sr. Swim	Adult/Sr. Swim	Adult/Sr. Swim	Adult/Sr. Swim	Adult/Sr. Swim	Rentals Noon – 8 p.m. Call to schedule: 206-684-4961
	1:30 – 2:30	#Lap/Public Swim	#Lap/Public Swim	#Lap/Public Swim	#Lap/Public Swim	#Lap/Public Swim	Public Swim	
	2:30 – 4:00	Lap Swim - 6 lanes*	Lap Swim - 6 lanes*	Lap Swim - 6 lanes*	Lap Swim - 6 lanes*	Lap Swim - 6 lanes*	Special Pops 2:30 – 3:30	
	4:00 – 4:30	Cascade	Kinders	Cascade	Kinders	Cascade	Public Swim 3:30 – 4:30	
	4:30 – 5:00	Cascade	Beg. Youth	Cascade	Beg. Youth	Cascade	Lap Swim 4:30 – 5:30	
	5:00 – 5:30	Cascade	Adv Y/Kinders	Cascade	Adv Y/Kinders	Cascade		
	5:30 – 6:30	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
	6:30 – 7:00	Kinders Lessons	Tots/Priv Lessons	Kinders	Tots/Priv Lessons			
	7:00 – 7:30	Beg. Youth Lessons	Public Swim	Beg. Youth Lessons	Public Swim	Public Swim	Rentals 5:30 – 8:30	
	7:30 – 8:00	Adv Y/Comp Lessons		Adv Y/Comp Lessons				
	8:00 – 8:45	Adult Lessons	Hydro-Fit 8:00 – 8:45 Shallow WX 8:00 – 9:00	Adult Lessons	Hydrofit 8:00 – 8:45 Shallow WX 8:00 – 9:00			
	8:30 – 9:00							
	9:00 – 9:30	Masters 8:30 – 9:30		Masters 8:30 – 9:30				
	9:30 – 10:00		Adult Swim		Adult Swim			

NOTES:

EMLS¹ - Early morning lap swim - admission by F.A.S.T. P.A.S.S., recreation swim card, or check. No cash accepted

We will be closed Monday, Sep 4, Labor Day; Friday, Nov 10 for Veterans Day; Thursday and Friday, Nov 23 and 24 for Thanksgiving and Day Following

Thanksgiving, Monday, December 25 for Christmas Day.

*No lap swim 9/11 – 11/12 from 2:30 – 4 p.m.

2006 Fees and Charges

Recreation Swim Prices

Youth	\$2.75
Adult	\$3.75
Senior Adults	\$2.75
Spec. Pop/ADA	\$2.75
Recreation Swim Card	\$20.00
Adult F.A.S.T. Pass*	\$45.00
Sr./Youth F.A.S.T. Pass*	\$35.00
Children under 1 yr	Free

Water Exercise Fees

Adult Fitness	\$4.75
Sr./Youth/ADA Fitness	\$3.00
Fitness Swim Ticket	\$30.00

Fees subject to change.

Swim Lesson Fees (See Notes)

Swim Lessons ¹	\$5.00
3-Year-Old Lessons ¹	\$8.00
Private Lessons ²	\$25.00
Semi-Private Lessons ²	\$35.00

Notes

¹Cost per lesson

²Cost per half-hour

Other Fees

"Just a Shower"	\$3.75
Towel Rental	50¢
Goggles	\$5.00/\$15.00
Caps	\$2.50/\$8.00
Sauna	\$3.75
Weights	\$2.50
w/ Swim Admission	\$1.50
Hydro-fit/	\$1.50
Aqua Jogger Rental	

***The F.A.S.T. Pass is** an unlimited personal monthly pass which allows you to access all fitness and recreational swim programs, sauna, and pool weight machine. Good at any City Pool! **It's the best value for your buck!**

Swim Lesson Information

All new participants must have a swimming pre-test to determine appropriate class placement. This may be done for free during any public swim. Please check in at the front desk for swim times.

Open Registration will start at 10:30 a.m. on Monday, Aug 14 at the front desk of Evans Pool. Online registration will start at 7 a.m.

In order to make your online registration go smoother, set up an account 24 hours before the registration date at <http://www.seattle.gov/parks/aquatics/evanspool.htm> and click on the SPARC section.

**All new participants must be pre-tested prior to registration.*

Class Times/Fees

All classes meet once per week.



Fall Session 1

Open Registration is Monday, Aug 14; online begins @ 7 a.m. and walk in starts @ 10:30 a.m. at Evans

Pool front desk. Lessons begin the week of Sept 11.

Day	Dates	# of lessons	FEES
Monday	Sep 11 – Oct 23	8	\$40.00
Tuesday ¹	Sep 12 – Oct 24	7	\$35.00
Wednesday	Sep 13 – Oct 25	8	\$40.00
Thursday	Sep 14 – Oct 26	8	\$40.00
Friday	Sep 15 – Oct 27	8	\$40.00
Saturday	Sep 16 – Oct 28	8	\$40.00



Fall Session 2

Lessons begin the week of October 30.

Day	Dates	# of lessons	FEES
Monday	Oct 30 – Dec 11	7	\$35.00
Tuesday	Oct 31 – Dec 12	7	\$35.00
Wednesday	Nov 1 – Dec 13	7	\$35.00
Thursday ²	Nov 2 – Dec 14	6	\$30.00
Friday ³	Nov 3 – Dec 15	5	\$25.00
Saturday	Nov 5 – Dec 16	7	\$35.00

¹No class Sep 26

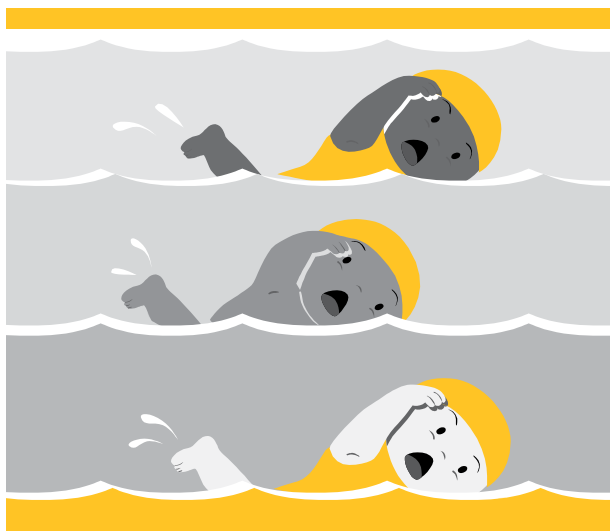
²No class Nov 23

³No class Nov 10, Nov 24



Through the 2000 ProParks Levy, the citizens of Seattle voted to provide funding for FREE swimming lessons for all 3rd and 4th grade students in Seattle. The FREE swim lesson program is available for the first time beginner as well as the more advanced swimmer. For more information on the "Learn to Swim" program, please call Evans Pool @206-684-4961 or visit our web page at www.seattle.gov/parks/aquatics/learntoswim.htm

Swim Lessons



Parent Tot Swim Lessons

An introduction to the water for infants and toddlers. The instructor teaches the parent how to safely help adjust the child to the water. Basic holds and cues are introduced. Emphasis on enjoyment and relaxation. Each child must be accompanied into the water by a parent or adult.

Age: 6 Months – 4 Years

Location: Pool – Main

Mon	11 – 11:30 a.m.	9/11 – 10/30	\$40
Tue	6:30 – 7 p.m.	9/12 – 10/31	\$40
Wed	11 – 11:30 a.m.	9/13 – 11/1	\$40
Thu	6:30 – 7 p.m.	9/14 – 11/2	\$40
Fri	11 – 11:30 a.m.	9/15 – 11/3	\$40
Sat	10 – 10:30 a.m.	9/16 – 11/4	\$40
Mon	11 – 11:30 a.m.	11/6 – 12/18	\$35
Tue	6:30 – 7 p.m.	11/7 – 12/19	\$35
Wed	11 – 11:30 a.m.	11/8 – 12/20	\$35
Thu	6:30 – 7 p.m.	11/9 – 12/21	\$30
Sat	10 – 10:30 a.m.	11/11 – 12/23	\$35
Fri	11 – 11:30 a.m.	11/17 – 12/22	\$25

No Lesson 11/10, 11/23, 11/24, 12/25

Three Year Old Lessons

Small classes with knowledgeable instructors designed to start your child learning basic swimming skills and water safety.

Mon	11:30 a.m. – Noon	9/11 – 10/30	\$64
Tue	11 – 11:30 a.m.	9/12 – 10/31	\$64
Wed	11:30 a.m. – Noon	9/13 – 11/1	\$64
Fri	11:30 a.m. – Noon	9/15 – 11/3	\$64
Mon	11:30 a.m. – Noon	11/6 – 12/18	\$56
Tue	11 – 11:30 a.m.	11/7 – 12/19	\$56
Wed	11:30 a.m. – Noon	11/8 – 12/20	\$56
Fri	11:30 a.m. – Noon	11/17 – 12/22	\$40

No Lesson 11/10, 11/23, 11/24, 12/25

Kinder Lessons

Ages 4 to 6

Basic swimming skills are introduced and taught. In progressive levels, K1 and K2 classes cover water adjustment and basic skills for children with no or little swimming experience. K3 and K4 progress to more advanced skills. Additional class times may be added.

Mon	6:30 – 7 p.m.	9/11 – 10/30	\$40
Tue	5 – 5:30 p.m.	9/12 – 10/31	\$40
Wed	6:30 – 7 p.m.	9/13 – 11/1	\$40
Thu	4 – 4:30 p.m.	9/14 – 11/2	\$40
Sat	10:30 – 11 a.m.	9/16 – 11/4	\$40
Mon	6:30 – 7 p.m.	11/6 – 12/18	\$35
Tue	5 – 5:30 p.m.	11/7 – 12/19	\$35
Wed	6:30 – 7 p.m.	11/8 – 12/20	\$35
Thu	4 – 4:30 p.m.	11/9 – 12/21	\$30
Sat	10:30 – 11 a.m.	11/11 – 12/23	\$35

No Lesson 11/23/06

Kinder Lessons (Levels 1,2)

Mon	11:30 a.m. – Noon	9/11 – 10/30	\$40
Tue	4 – 4:30 p.m.	9/12 – 10/31	\$40
Wed	11:30 a.m. – Noon	9/13 – 11/1	\$40
Fri	11:30 a.m. – Noon	9/15 – 11/3	\$40
Mon	11:30 a.m. – Noon	11/6 – 12/18	\$35
Tue	4 – 4:30 p.m.	11/7 – 12/19	\$35
Wed	11:30 a.m. – Noon	11/8 – 12/20	\$35
Fri	11:30 a.m. – Noon	11/17 – 12/22	\$25

No Lesson 11/10, 11/23, 11/24, 12/25

Swim Lessons

Beginning Youth Lessons

Youth lessons are offered in American Red Cross progressive skill levels 1-4. Skills begin with water adjustment and ends with the 5 major strokes. Water safety skills and diving are also introduced.

Age: 7 – 13

Mon	7 – 7:30 p.m.	9/11 – 10/30	\$40
Tue	4:30 – 5 p.m.	9/12 – 10/31	\$40
Wed	7 – 7:30 p.m.	9/13 – 11/1	\$40
Thu	4:30 – 5 p.m.	9/14 – 11/2	\$40
Sat	11 – 11:30 a.m.	9/16 – 11/4	\$40
Mon	7 – 7:30 p.m.	11/6 – 12/18	\$35
Tue	4:30 – 5 p.m.	11/7 – 12/19	\$35
Wed	7 – 7:30 p.m.	11/8 – 12/20	\$35
Thu	4:30 – 5 p.m.	11/9 – 12/21	\$30
Sat	11 – 11:30 a.m.	11/11 – 12/23	\$35

No Lesson 11/10, 11/23, 11/24, 12/25

Youth Advanced Lessons

Progressive skill lessons for youths who have completed level IV. They must be comfortable swimming lengths of the pool, have strong flotation and crawl stroke skills, and a good whip kick. Students learn the four major strokes, refine techniques, build strength and endurance and practice water safety skills.

Age: 7 – 13

Mon	7:30 – 8 p.m.	9/11 – 10/30	\$40
Tue	5 – 5:30 p.m.	9/12 – 10/31	\$40
Wed	7:30 – 8 p.m.	9/13 – 11/1	\$40
Thu	5 – 5:30 p.m.	9/14 – 11/2	\$40
Sat	11:30 a.m. – Noon	9/16 – 11/4	\$40
Mon	7:30 – 8 p.m.	11/6 – 12/18	\$35
Tue	5 – 5:30 p.m.	11/7 – 12/19	\$35
Wed	7:30 – 8 p.m.	11/8 – 12/20	\$35
Thu	5 – 5:30 p.m.	11/9 – 12/21	\$30
Sat	11:30 a.m. – Noon	11/11 – 12/23	\$35

No Lesson 11/10, 11/23, 11/24, 12/25

Competitive Stroke

For advanced youth level swimmers who are interested in preparing for swim team or just learning competitive swim skills. Must have passed youth level 7.

Age: 7 – 13

Session 1

Mon	7:30 – 8 p.m.	9/11 – 10/30	\$40
Wed	7:30 – 8 p.m.	9/13 – 11/1	\$40
Sat	11:30 a.m. – Noon	9/16 – 11/4	\$40
Mon	7:30 – 8 p.m.	11/6 – 12/18	\$35
Wed	7:30 – 8 p.m.	11/8 – 12/20	\$35
Sat	11:30 a.m. – Noon	11/11 – 12/23	\$35

No Lesson 11/10, 11/23, 11/24, 12/25

Adult Swimming Lessons

Classes for both the non-swimmer and the experienced swimmer. Skills taught begin with basic water adjustment and end with advanced swimming strokes. Instructors make a skills assessment and tailor the lessons to the needs of the participants. Some optional basic diving skills may be taught.

Age: 14 – 64

Mon	8 – 8:30 p.m.	9/11 – 10/30	\$40
Tue	11:30 a.m. – Noon	9/12 – 10/31	\$40
Wed	8 – 8:30 p.m.	9/13 – 11/1	\$40
Thu	11:30 a.m. – Noon	9/14 – 11/2	\$40
Mon	8 – 8:30 p.m.	11/6 – 12/18	\$35
Tue	11:30 a.m. – Noon	11/7 – 12/19	\$35
Wed	8 – 8:30 p.m.	11/8 – 12/20	\$35
Thu	11:30 a.m. – Noon	11/9 – 12/21	\$30

No Lesson 11/10, 11/23, 11/24, 12/25

Special Pops Lessons

30 min. lesson for participants with special needs.

Age: 4 – 17

Sat	2:30 – 3 p.m.	9/16 – 11/4	\$40
Sat	3 – 3:30 p.m.	9/16 – 11/4	\$40
Sat	2:30 – 3 p.m.	11/11 – 12/23	\$35
Sat	3 – 3:30 p.m.	11/11 – 12/23	\$35

No Lesson 11/10, 11/23, 11/24, 12/25

Water Fitness

Fall Adult Lap Swim Times

Mon – Fri	6 – 7:30 a.m.	6 lanes
Admission by check or pre-purchased Rec Swim Card or FAST Pass only.		
Mon – Sat	Noon – 1:30 p.m.	3 lanes
Mon – Fri	2:30 – 4 p.m.	6 lanes
No lap swim 9/11 to 11/12 from 2:30 – 5:30 p.m.		
Mon – Thu	5:30 – 6:30 p.m.	6 lanes
Tue/Thu	9 – 10 p.m.	3 lanes
Fri	5:30 – 7 p.m.	6 lanes
Sat	8:30 – 10 a.m.	6 lanes
Sat	4:30 – 5:30 p.m.	6 lanes
Drop in: \$3.50/Adults; \$2.75/Seniors		

Masters Workout

Our staff will post a workout ranging from 2,000-3,000 yards. Lanes are arranged for different speeds and swimming abilities. This is a self-driven workout (i.e. not-coached). However, knowledgeable staff are available to answer questions.

Mon/Wed	8:30 – 9:30 p.m.
Drop In: \$4.75 Adults/\$3.00 Seniors/ADA	

Shallow Water Exercise

These shallow water work-outs are designed to help improve cardiovascular conditioning as well as increase joint range of motion and flexibility. AM and PM classes vary in intensity. Evening classes tend to be higher impact. Participants are encouraged to work at their own pace.

Mon–Fri	10 – 11 a.m.
Tue, Thu	8 – 9 p.m.
Drop In: \$4.75 Adults/\$3.00 Seniors/ADA	



Videotaping & Stroke Correction Class

Have you seen yourself swim? We can help you! Come sign up for our new videotaping program — a must for all triathletes and competitive swimmers. We have two options available. Sign up with the cashier today!

Option 1: Video with Consultation

We will videotape your strokes and watch them with you to correct your strokes and to improve stroke efficiency. The videotape is yours to take home with you.

Fees: \$25

Option 2: Video Only

We will videotape your strokes; and you keep the video.

Fees: \$15.00

Class Meeting Times

Mon	8 – 8:30 p.m.
Wed	8 – 8:30 p.m.
Sat	11:30 a.m. – Noon

Pre-registration with the cashier is required.

Deep Water Aqua-Jogging

Aqua jogging is a great way to experience the benefits of aerobic exercise without the harmful impact of most land-based workouts. Participants wear a float belt to maintain proper body alignment and keep the head above water. Workout consists of suspended deep water running and interval routines augmented by enhanced upper body resistance training. Must be comfortable in deep water.

MWF	10 – 10:45 a.m.
Tue	8 – 8:45 p.m.
Drop in: \$4.75/Adults; \$3.00/Sr & Youth	

Hydro-Fit

Hydro-Fit is a 45-minute deep-water exercise program which uses ankle floatation equipment for buoyancy and resistance. Hydro-Fit workouts are designed to tone, strengthen, build endurance, develop coordination and increase flexibility. Participants must be comfortable in deep water.

Tue/Thu/Sat	10 – 10:45 a.m.
Tue/Thu	8 – 8:45 p.m.
Drop In: \$4.75 Adults/\$3.00 Seniors	

Recreational Swimming

Free Tuesday Teen Late Night Swim

This Tuesday night recreational swim is set aside for teens only. They may enjoy the whole pool, diving board and slide under the supervision of our Lifeguards. (There are no lessons offered at this time). Additional structured teen programs and activities are scheduled at Green Lake Community Center. **Open to teens 13 to 18. Must sign in at front desk. Groups of 8 or more must call to schedule.** For more info on teen programs, call Kalindi Gutierrez at 206-684-0780.

Tuesdays

7 – 8 p.m.



Special Events



Free Fall Harvest Swim/Potluck

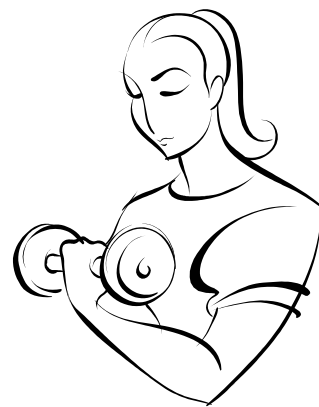
Come on down and sing with the Sauna Lizards to all your old favorites. There will be live music, free massages, and lots of good eatin! Free Swim for Adults 12:00-1:30 p.m. and Free swimming for kids and adults at the 1:30-2:30 p.m. public swim. Come join us for a fun filled day and bring your favorite dish to share!

Saturday, October 28, 2006!

Weight Training Area

Evans Pool has a weight training area that includes a Universal Machine, a Stair Stepper, and some free weights. The weight training area is open during normal hours of operation and is open to adults 18 and older. There is a separate usage fee and participants are asked to sign in each time.

Fees: \$2.50 for weights only, \$1.50 if paying for a recreational swim



IT'S A PAAARRRTY!

Join us Friday, Oct 27 from 7 p.m. – 9:30 p.m. for a swashbuckling good time at our spooktastic pirate party and dive in movie! Showing: Pirates of the Caribbean: Curse of the Black Pearl.

Bring yer favorite floatin' seat and enjoy the movie, dive into the depths in search of real treasure, walk the plank or rest yer bones in Davy Jones locker. Enter the raffle for a bag of booty. Just be thar, yo ho ho and a bottle of fun.

Community Centers

Alki.....	684-7430
Ballard.....	684-4093
Bitter Lake	684-7524
Delridge.....	684-7423
Garfield.....	684-4788
Garfield Teen Life Center.....	684-4550
Green Lake	684-0780
Hiawatha	684-7441
High Point.....	684-7422
Jefferson	684-7481
Langston Hughes P.A.C.	684-4757
Laurelhurst.....	684-7529
Loyal Heights	684-4052
Magnolia.....	386-4235
Meadowbrook	684-7522
Miller	684-4753
Montlake.....	684-4736
Queen Anne	386-4240
Rainier Beach	386-1925
Rainier.....	386-1919
Ravenna-Eckstein.....	684-7534
Sand Point.....	684-4946
South Park.....	684-7451
Southwest.....	684-7438
Van Asselt.....	386-1921
Yesler	386-1245

Pools

Ballard.....	684-4094
Evans.....	684-4961
Madison	684-4979
Meadowbrook	684-4989
Medgar Evers	684-4766
Queen Anne	386-4282
Rainier Beach	386-1944
Southwest.....	684-7440
Colman (Summer only)	684-7494
Mounger (Summer only)	684-4708

Environmental Learning Centers

Carkeek Park ELC.....	684-0877
Camp Long ELC.....	684-7434
Discovery Park ELC	386-4236
Seward Park ELC	684-4396

Boating

Green Lake Small Craft Ctr ..	684-4074
Green Lake Boat Rental	527-0171
Mt Baker Rowing & Sailing ..	386-1913
Boat Launch Permits.....	684-4075

Community Connections

Animal Control.....	386-4254
Aquarium Info.....	386-4320
Arboretum.....	543-8800
Ballard Little League.....	789-3288
Ballfield Reservations.....	684-4082

Bats Northwest.....	256-0406
Bathhouse Theater	524-1300
Compliments/Complaints	684-4837
Fremont Nbrhd Svc Ctr.....	684-4054
Green Lake Library.....	684-7547
Green Lake 2020	781-8886
Green Lake Park Alliance.....	689-6266
Greenwood Nbrhd Svc Ctr.....	684-4096
Handicapped Programs.....	684-4950
Lake City Nbrhd Svc Ctr	684-7526
Meadowbrook Family Ctr.....	366-925
North Central Little League..	706-9268
Northgate.....	386-4283
Parking Enforcement.....	625-5011
Parks Information	684-4075
North-End Cab	363-3333
PAWS	743-3845
Picnic Reservations	684-4081
Pitch & Putt Golf.....	632-2280
RUG Youth Baseball	523-8377
Senior Adult Programs	684-4951
Seattle Tennis Center	684-4764
U-District Nbrhd Svc Ctr.....	684-7542
Wading Pool Hotline	684-7796
Wild Bird Clinic.....	824-6249
Woodlawn Youth Soccer.....	632-1930
Yellow Cab	622-6500
Zoo information	684-4800

Green Lake Rooms and Evans Pool For Rent

Green Lake Community Center has several rooms for rent that are GREAT for birthdays, meetings, potlucks, seminars, and other small gatherings. VCR/T.V. available for rent. Rooms are available for rent on holidays depending on staff availability; special rates apply. Stop by to check out our rooms or call 206-684-0780 for specifics:

Toddler/Preschool Play Center: HUGE room with bathroom inside, loaded with different play equipment. Food okay in lobby area just outside. **Note: Private rental times not reserved will be available for public use.**

Teen Room: Large newly remodeled room adjacent to the gym.

Multi-purpose Rooms: One on the main floor and two on the second floor. Wood floors in all. Two with working fire places. One with attached small kitchen and restroom inside. Max capacity 60.

Gymnasium (available on a very limited basis): Great for children, teen, and adult low organized games and organized sports play.

Evans Pool

Evans Pool is available to rent for special events and birthday parties Sat 5:30 – 9:30 p.m. and Sundays Noon – 8 p.m. (Sorry, no rentals are scheduled the second Sunday of the month.) For more information, call 206-684-4961 during operating hours. Please allow 2 weeks advance notice for all rental requests. Standard fee for 1 hour pool and 1 hour deck time for less than 30 swimmers is \$165 (fee increases with additional swimmers). Payment required to hold reservation.